

ABRIDGED TRACK & FIELD (Athletics) – 2022 - Page 1

GUIDING BODIES

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Send a message via our **contacts page**
www.worldathletics.org

World Masters Athletics (WMA)
Web-site: www.world-masters-athletics.org

Note: The Track and Field competition is subject to the rules of the WA and WMA as per the official handbook. This point should be announced and printed in any handout material given to competitors, including the Entry Book and Confirmation Letter.

Individual competitors must compete ONLY within their actual age category. Age is determined by the date of first competition of the Games. This does not apply to Relays

EVENTS

AGE CATEGORIES:

IMPORTANT NOTE: In Individual Track and Field events; competitors shall compete within their actual age category ONLY.

The following age categories, UNLESS OTHERWISE STATED, apply to all Individual events, and are separate events for Men and Women (Subject to the definition of "COMPETITION" in the General Sport Rules for Track and Field).

18 - 29	55 - 59
30 - 34	60 - 64
35 - 39	65 - 69
40 - 44	70 - 74
45 - 49	75 - 79
50 - 54	80 +

Men's and Women's Team Relay events will be offered in the following age categories:

18 +	50 +
30 +	60 +
40 +	

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EVENT DESCRIPTIONS:

Unless otherwise specified the following will be offered in both Men's and Women's events and all age categories:

Five (5) year age increments: High Jump
Long Jump
Triple Jump
Pole Vault
Shot Put
Javelin
Discus
Hammer

110 Meter Hurdles **Men** 18-29; 30-34 Hurdle Height 1.067m -42"
100 Meter Hurdles **Women** 18-29; 30-34 Hurdle Height .840m -33"
400 Meter Hurdles **Men** 18-29; 30-34-35 Hurdle Height .914m -36"
400 Meter Hurdles **Women** 18-29; 30-34 Hurdle Height .762m -30"

100 Meter Run
200 Meter Run
400 Meter Run
800 Meter Run
1500 Meter Run
3000 Meter Steeplechase
2000 Meter Steeplechase
5000 Meter Run
5000 Meter Racewalk
10,000 Meter Run

3000 Meter Steeplechase Men 18-29; 30-34 Hurdle Height .914m-36" 28 barriers and 7 water jumps

3000 Meter Steeplechase Women 18-29; 30-34 Hurdle Height .762m-30" 28 barriers and 7 water jumps

Ten (10) year age increments: 400 Meter Relay
1600 Meter Relay

All required Equipment & will be provided, unless otherwise stated in the Registration Book & Confirmation Letter.

The following events will be offered as Per World Masters Athletics:

Men

110 Meter Hurdles 35-39; 40-44; 45-49 Hurdle Height .991m-39"
distance to first hurdle 13.72m between 9.14m to finish 14.02m

100 Meter Hurdles 50-54; 55-59 Hurdle Height .914m -36"
distance to first hurdle 13m between 8.5m to finish 10.5m

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100 Meter Hurdles (10 hurdles) 60-64; 65-69 Hurdle Height .914m-36”

distance to first hurdle 12m between 8m to finish 16m

80 Meter Hurdles (8 hurdles) 70-74; 75-79 Hurdle Height .762m-30”

distance to first hurdle 12m between 7m to finish 19m

80 Meter Hurdles (8 hurdles) 80+ Hurdle Height.686m-27”

distance to first hurdle 12m between 7m to finish 19m

400 Meter Hurdles (10 hurdles) 35-39; 40-44; 45-49 Hurdle Height .914m-36” distance to first hurdle 45m between 35m to finish 40m

400 Meter Hurdles (10 hurdles) 50-54; 55-59 Hurdle Height.840m -33”

distance to first hurdle 45m between 35m to finish 40m

300 Meter Hurdles (7 hurdles) 60-64; 65-69 Hurdle Height.762m- 30”

distance to first hurdle 50m between 35m to finish 40m

300 Meter Hurdles (7 hurdles) 70-74; 75-79 Hurdle Height .686,-27” distance to first hurdle 50m between 35m to finish 40m

200 Meter Hurdles (5 hurdles) 80+ Hurdle Height .686m -27” distance to first hurdle 20m between 35m to finish 40m

2000 Meter Steeplechase Men 60-64 thru 70-74; 75-79; 80+ Hurdle Height .762m 30”
18 Barriers & 5 Water Jumps

Women

100 Meter Hurdles (10 hurdles) 35-39 Hurdle Height .840m -33”

distance to first hurdle 13m between 8.5m to finish 10.5m

80 Meter Hurdles (8 hurdles) 40-44; 45-49 Hurdle Height.762m-30”

distance to first hurdle 12m between 8m to finish 12m

80 Meter Hurdles (8 hurdles) 50-54; 55-59 Hurdle Height.762m-30”

distance to first hurdle 12m between 7m to finish 19m

80 Meter Hurdles (8 hurdles) 60+ Hurdle Height.686m -27”

distance to first hurdle 12m between 7m to finish 19m

400 Meter Hurdles (10 hurdles) 35-39; 40-44; 45-49 Hurdle Height.762m-30”

distance to first hurdle 45m between 35m to finish 40m

300 Meter Hurdles (7 hurdles) 50-54; 55-59 Hurdle Height.762m- 30”

distance to first hurdle 50m between 35m to finish 40m

300 Meter Hurdles (7 hurdles) 60-64; 65-69 Hurdle Height.686m-27”

distance to first hurdle 50m between 35m to finish 40m

200 Meter Hurdles (5 hurdles) 70+ Hurdle Height .686m-27” distance to first hurdle 20m between 35m to finish 40m

2000 Meter Steeplechase 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; **75-79;**
80+

Hurdle Height .762m - 30” / 18 Barriers & 5 Water Jumps

Schedule for IMPLEMENT WEIGHTS

Discus

Men: (2.0 kg): 18-49

Men: (1.5 kg): 50-59

Men: (1.0 kg): 60+

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Women (1.0 kg):	18-74
Women (.75 kg):	75+

Hammer

Men: (7.26 kg/16 lbs.):	18-49
Men: (6.0 kg):	50-59
Men: (5.0 kg):	60-69
Men: (4.0 kg):	70-79
Men: (3.0 kg):	80+
Women: (4.0 kg):	18-49
Women: (3.0 kg):	50-74
Women: (2.0 kg):	75+

Javelin

Men: (800 gm):	18-49
Men: (700 gm):	50-59
Men: (600 gm):	60-69
Men: (500 gm):	70-79
Men: (400 gm):	80+
Women: (600 gm):	18-49
Women: (500 gm):	50-59
Women: (400 gm):	60+

Shot put

Men: (7.26 kg/16 lbs.):	18-49
Men: (6.0 kg):	50-59
Men: (5.0 kg):	60-69
Men: (4.0 kg):	70-79
Men: (3.0 kg):	80+
Women: (4.0 kg):	18-49
Women: (3.0 kg):	50-59
Women: (3.0 kg):	60-74
Women: (2.0 kg):	75+

SCHEDULE

The Order of Events will be scheduled by the Host and approved by the WPFG. Confirmation letters will not be sent to participants until WPFG has approved the schedule.

GENERAL SPORT RULES for Track and Field

Check-In Procedures:

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All competitors will check-in on-site by the following procedures: At least one hour before the start of their event, the athlete should be requested to check-in at the clerk's desk (Call Room) to confirm he/she is present and has a lane assignment for the track events or a flight allocation for the field competition.

Meet Closure / Adding Events:

It is recommended the meet be closed 2 weeks prior to the Games. However, events may be added prior to the first day of competition with the Sport Coordinator's approval.

Events may be added prior to the first day of competition with the Sport Coordinator's approval. It is recommended the meet be closed two (2) weeks prior to the Games. All added events must be accomplished through Host Registration.

NOTE: Competitors who designate "pooling" to enter a Relay event will be pooled by the WPFG Director prior to the "Games". The only "pooling" on-site will be done by the Sport Coordinator or WPFG Director for Track & Field. Any pooling/substitution on-site will be completed according to WPFG General Rules.

Weights and Measures:

All implements shall be weighed/measured based on current WA/WMA standards related to the age of the competitor. All implements will be held awaiting the competition. Athletes may reclaim their implement(s) after the meet has concluded.

Warm Ups:

Warm ups should be provided in an area away from the track. Warm ups are not allowed on the track during competition days. A second track facility, or the main track venue during specific hours, should be made available to competitors to practice prior to and during the Games.

Call to Competition:

The announcer will give 3 calls prior to the time the athlete competes:

1st Call:	60 minutes prior to start
2nd Call:	40 minutes prior to start
3rd Call:	15 minutes prior to start

The "3rd Call" shall be the Final Call.

All athletes failing to report on the Final Call will be scratched. Competitors should be directed to where they will be escorted by a "marshal" to their event. Field event competitors should be directed to go promptly to their event site. They will be given time for warm ups.